

Tips for Taking a Health Risk Assessment (HRA)
For Wellness Coordinators—go to www.wellness.wa.gov

	Community Health Plan or Regence	Group Health	Kaiser	Uniform Medical Plan
Name of health risk assessment	Health risk assessment survey	Health Profile	Total Health Assessment	e-Health Survey
What you have to know before taking an HRA	Code for the agency/higher education institution you work for (listed on Washington Wellness Web site)	Medical plan subscriber I.D.	Medical plan subscriber I.D.	Medical plan subscriber I.D.
Do you need to register with medical plan Web site before taking the HRA?	No.	Yes, and it's a 2-step process. Register with MyGroupHealth, then request code to upgrade account. Enrollee will receive code by mail in 2-5 days* . Then log on to MyGroupHealth and look for Health Profile in left navigation column.	Yes. Register with HealthMedia. (Enrollee will receive password by mail within one week* .)	Yes. Sign up for Health Counts by creating an online medical account.
Health information you might want to know before taking an HRA (employee can complete HRA without this information)	--Blood pressure --Cholesterol levels --Date of last flu shot, pneumonia shot, pap smear, colorectal screening, and mammogram	--Blood pressure --Cholesterol levels --Date of last flu shot, pneumonia shot, pap smear, colorectal screening, and mammogram Some HRA clinical data will be pre-filled if enrollee receives care at GH medical center.	--Blood pressure --Cholesterol levels --Date of last flu shot, pneumonia shot, pap smear, colorectal screening, and mammogram	--Blood pressure --Total Cholesterol --LDL Cholesterol --Date of last flu shot, pneumonia shot, pap smear, colorectal screening, and mammogram
Have a question?	E-mail assessmentcenter@spokanecounty.org	1-888-888-901-4636	1-800-556-7677	1-800-762-6004

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*A process to protect enrollees' health information